

# Healthy Eating During Pregnancy

Do you want more information on healthy eating during your pregnancy?

Sign up for our **FREE OB Nutrition class** where we will talk about various topics including:



What is healthy eating?



How eating well can help you feel your best



Myths about eating during pregnancy



How to have a healthy weight gain



Meal planning tips



Reliant OB-Gyn  
Worcester Medical Center, Suite 150  
123 Summer Street, Worcester

## REGISTRATION IS REQUIRED

To register for this class, speak with your Reliant OB provider, or call the Reliant Medical Group OB-Gyn department at **(508) 368-3110**.